

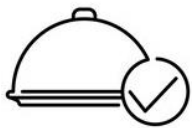
Maryland Access Point

Maryland Access Point (MAP) is the Aging and Disability Resource Program in Maryland, designed to assist individuals with long term care needs and their caregivers identify and locate services in their community. MAP is a centralized, single point of entry for access to the services provided by state agencies such as the Department of Aging, the Department of Human Resources, the Department of Disabilities, as well as other private, public and community based resources.

One phone number for all your aging and disability needs!!

Options Counseling: Maryland Access Point provides free Options Counseling to help individuals and their caregivers develop long term care plans. Counselors meet with individuals and match their needs with services available in their community. Contact your local MAP office to make an appointment.

Home Delivered Meals and Congregate Meals



Home delivered meals are available to seniors who are unable to leave their homes due to illness, disability or frailty and are also unable to prepare meals. Pre-packed meals are distributed daily and for emergency use. Nutrition assessments and nutrition counseling may also be provided to homebound elders.

Congregate Meals differ in that they are served in community settings such as senior centers, churches or senior housing communities. These meal sites offer an opportunity to meet new or old friends and engage in social activities while having a nutritious meal. Most sites offer a hot lunch, however some offer evening meals. There are over 250 congregate meal sites throughout the state.

- ✓ Go to the Maryland Department of Aging web site for more information about home delivered and congregate meals.
- ✓ Persons interested in nutrition services should contact their local Department of Aging office. Click here for the directory.
- ✓ Medline Plus, an internet resource from the National Institute of Health, has nutrition resources as well as tips for maintaining good nutrition and shopping wisely for seniors on their website.

Senior Health Insurance Program (SHIP)

Despite its name, SHIP is not an insurance program, but it is a valuable service meeting an important need of Medicare beneficiaries of any age in understanding their health insurance benefits, bills, and rights. The Maryland SHIP program provides trained staff and volunteer counselors in all 24 counties. Counselors provide in-person and telephone assistance in a variety of areas, such as: billing problems; assistance applying for help for low-income beneficiaries; assistance with denials of payment, appeals and grievances; and advice on health care fraud and abuse. SHIP counseling services are confidential and free of charge.

To find out more information about the SHIP program, contact your local [Information & Assistance Office](#).

Medicaid Long-Term Care and Waiver Services

A waiver is a special program designed by a State to cover needed home and community-based services as an alternative to receiving care in an institution such as a nursing home. To become a waiver participant an individual must qualify by meeting certain criteria. Each waiver will have different criteria; for example, having a certain medical condition or needing a specific level of care.

Medicaid waiver programs allow individuals who want to receive care in the community to participate in these programs if eligible. More information is located [here](#).

- [Medical Day Care Waiver](#)
- [Model Waiver](#)
- [Nursing Home Services Information](#)
- [Waiver for Adults with Traumatic Brain Injury](#)

Maryland has several programs that provide community services and supports to enable older adults and people with disabilities to live in their own homes. Programs include:

- Maryland Home and Community Based Waiver
- Community First Choice
- Increased Community Services
- Community Personal Assistance Services Waiver
- Program of All-Inclusive Care for the Elderly

More information on all of these programs is located [here](#).

Assistive Technology Programs

Assistive Technology (AT) is any item needed to live, work or get around your home or community more independently.

The most commonly used technology generally falls into three major categories: vision, hearing, or mobility. Visual and hearing tools that help people to perform daily activities include telephone headsets, adaptable computer keyboards, and blindness/low vision aids that can convert written text into large type or spoken words. Items that help with mobility (getting around) include walkers, wheel chairs, and motorized scooters as well as fixed devices such as elevators, stairway chair lifts, and vehicle lifts. Other ways to improve mobility include home modifications such as ramps, grab bars, or lowered countertop work spaces.

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Maryland Technology Assistance Program

Provides product information, consultation, and assistance in order to make AT more available, affordable, and usable for Marylanders with disabilities and seniors through the Maryland Department of Disabilities. For more information click [here](#).

FCC Lifeline Program



Lifeline is a federal program that provides monthly telephone service at a discounted rate to low-income individuals. It is administered by the Federal Communications Commission (FCC), with the help of individual states.

In March 2016 the federal government approved new rules to allow the purchase of discounted broadband (i.e. internet). Click [here](#) for more information about these programs.

Home Modifications Directory

The Home Modifications Directory is a guide that provides useful information on home modification resources throughout the State of Maryland including: Equipment Supplies, Funding Sources and Loan Programs, Home Assessment/Equipment Evaluations, Information and Referral, Licensed Home Improvement Contractors, and Volunteer Organizations. Click [here](#) to view the directory.

Transportation Assistance

You may need help or transportation to get to medical appointments, shopping for food or other necessities, or for social activities. The Maryland Department of Transportation (MDOT) provides several transportation programs and services for senior citizens and individuals with disabilities. There is also local transportation available through your county or community. Below are some options for transportation assistance.

MobilityLink



MobilityLink is a specialized, curb-to-curb service for people with disabilities who are not able to ride fixed-route public transportation (the term "fixed route" refers to a regular bus, light rail or subway route). MobilityLink service is provided within three-quarters of a mile of any fixed-route service in Baltimore City, and Baltimore and Anne Arundel counties.



Call 410-764-8181 or use the [website](#) to find out where you can apply.

Reduced Fare Card Program



People with Disabilities, Senior citizens (65 years and older) and Medicaid card holders can ride local Bus, Light Rail, and Metro Subway for approximately one-third the regular fare, and approximately one-half the regular fare on MARC Train service. To participate in the reduced fare program, you must show valid photo ID that you are age 65 or older; show a disability ID from a transit agency and government issued photo id; or show a Medicare card and government issued photo ID.



Call 410-767-3441 or use the [website](#) to find out where you can apply

Local Transportation



Some locations in Maryland, particularly rural communities, may have limited public transportation. Look on your city or county government web page for local transportation information.

A list of county web pages in Maryland can be found [here](#).

MTA Call a Ride



The MTA Call-a-Ride Service is available to MTA-certified Mobility customers who meet the eligibility requirements. Call-a-Ride Service is a separate and distinct MTA service provided under contract with participating area taxicab and sedan companies. Click [here](#) for program facts.



The MTA Call-A-Ride certification office telephone is 410-764-8181.

Senior Care System

The Maryland Department of Aging [Senior Care System](#) assists people 65 or older who may be at risk of nursing home placement by providing case management and gap-filling funds for services to enable them to continue living in the comfort of their own homes. The Senior Care program will assess an individual's needs, provide a case manager to coordinate services, and provide funding to purchase services for individuals who meet program eligibility requirements. Services include assistance with activities of daily living, as well as medications, medical supplies, adult day care, respite care, home delivered meals, transportation, and emergency response systems.



For further information and to access to Senior Care Services, please contact your local [MAP](#) office or call 1-844-627-5465 or TTY #711 to get more in-depth assistance.

Click [here](#) to visit the MAP website.

Contact Your County

You can reach out to your county administrators to learn more about specific services offered. Click [here](#) to see a list of Maryland counties and phone numbers to call.